
POWER & STRENGTH—THURSDAY B

CATEGORIES: Power, Strength

LEVEL: Advanced

EXERCISE COUNT: 16

URL: <https://dancer-fitness.com/plan/power-strength-thursday-b/>

DEAD BUG

LEVEL: Beginner

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/dead-bug/>

ONE LEG DEADLIFT

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-deadlift/>

OUTER HIP LIFTS

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/outer-hip-lifts/>

BANDED MONSTER WALKS

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-monster-walks/>

BANDED LAT PULL DOWN

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-lat-pull-down/>

BANDED BICEP CURL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-bicep-curl/>

SUMO SQUAT PULSE

LEVEL: Intermediate

CATEGORY: Balance, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/sumo-squat-pulse/>

DONKEY KICK BURPEE

LEVEL: Advanced

CATEGORY: Endurance, Power, Strength

<https://dancer-fitness.com/exercise/donkey-kick-burpee/>

PUSH BACK PLANK

LEVEL: Advanced

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/push-back-plank/>

CLAM SHELL

LEVEL: Beginner

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/clam-shell/>

HAMSTRING LIFT

LEVEL: Beginner

CATEGORY: Power, Strength

<https://dancer-fitness.com/exercise/hamstring-lift/>

ONE LEG HIP BRIDGE

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/one-leg-hip-bridge/>

DOLPHIN PUSH UP

LEVEL: Intermediate

CATEGORY: Strength

<https://dancer-fitness.com/exercise/dolphin-push-up/>

ANKLE AND GLUTE WARM UP

LEVEL: Intermediate

CATEGORY: Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/ankle-and-glute-warm-up/>

BANDED TURN OUT

LEVEL: Intermediate

CATEGORY: Strength, Warm Up

<https://dancer-fitness.com/exercise/banded-turn-out/>

LEVEL:

CATEGORY: Not Categorized